

WHEN DOES KNEE SURGERY BECOME NECESSARY?

Knee pain can be debilitating and affect your overall quality of life. Chronic pain can lead to other health issues, including depression and obesity. Knee surgeons, otherwise known as orthopedic surgeons, can help alleviate knee pain and get you back on your feet again. It can be difficult to know when to opt for surgery or alternative treatments. The decision is typically a joint one - you and your [knee pain doctor](#) together usually decide when the time is right and this decision is based on several different factors, including your medical history and the degree of pain you're in.



What are the Causes of Knee Pain?

There are many causes of knee-joint pain. One of the most common, especially as you age, is osteoarthritis. Other causes according to the **pain treatment center** include repetitive movements, sports, injuries from accidents or falls, and obesity. No matter what the cause for knee pain, though, it can make simple tasks extremely difficult. Climbing stairs, kneeling, walking, and other day-to-day activities become cumbersome.

What are Initial Treatment Options?

Initial **knee pain treatment** options include anti-inflammatory medications, steroids, creams or ointments, injections, physical therapy, and hot/cold compresses. Your doctor may also recommend a weight loss regimen and a regular exercise routine. Nutritional supplements

can also help relieve pain. Your doctor may prescribe one or more treatments initially, and this is usually enough to help ease pain and discomfort.

When to Seek Advanced Treatment Options?

When knee pain is caused by Osteoarthritis, or from continued use (repetitive movement, sports, etc), it may become necessary at some point to seek advanced **knee treatment** options. This normally includes replacement surgery. When pain medications and physical therapy are no longer enough to ease discomfort, or you become immobile, then your doctor will very often recommend surgery. The procedure is not done by your normal family doctor - you will need to be referred to an orthopedic surgeon.



In Choosing a Surgeon

Your general practitioner will likely give you a list of two or three professionals. It is recommended that you interview each of them and then choose accordingly. The final decision of who you want to work with is yours; however, don't discount your family doctor's input and advice when making this very important decision. Have a list of questions and choose the **knee pain specialist** whom you believe will give you the best possible care.

What to Expect from Surgery?

Both your family doctor and your **knee doctor** will prepare you for what to expect, both before and after the procedure. When you conduct your initial consultations, the surgeon will explain in detail exactly what will be done and will devise a post-operative physical therapy program so that you can recover as quickly as possible. As with any surgery, it will be painful, and you will have post-operative pain as well. Medication will be prescribed to help you manage. It is important to follow your [knee specialist](#) advice very closely. When you follow their advice, your healing time will be much faster.